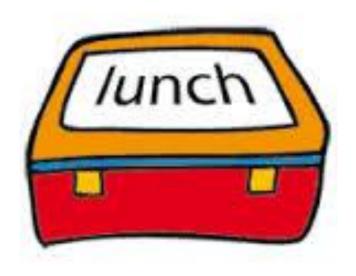
Little Acorns Pre-school: Information leaflets for parents

Healthy Lunch boxes



Important things you need to remember

- Please don't overload your child's lunch box there is a limited amount of time for them to eat their lunch (approx 25 minutes) and too much can be overwhelming for them
- Remember that we ask your child to eat their savoury items first (sandwich/wrap/cracker etc) before they eat sweet items, so please don't give them too much
- A variety of foods in small amounts probably works best
 - Please include a drink, water is ideal
- Please note we do not refrigerate children's lunches so we suggest you may like to include a mini freezer pack in the lunch box
- We don't allow children to share food with each other, in case of allergies or intolerances
 - Please do not include anything which contains nuts as we have a child with a SEVERE nut allergy

Lunch box ideas

We suggest you choose 2 – 4 from the following

- Small sandwiches or wraps or pitta bread; possible fillings - ham, cheese, tuna, egg, chicken
- A small pot of pasta or rice salad or potato salad or couscous or a small slice of pizza
- Bread sticks or savoury scone or rice cakes or crackers with cubes of cheese or slices of meat as a source of protein
- Pieces of veg, e.g. carrot sticks, pepper strips, cucumber, cherry tomatoes, celery, olives with dip or houmous
 - ❖ A handful of crisps or popcorn
 - Small cake or scone or malt loaf or flapjack
- Fresh fruit pieces or small amount of dried fruit, e.g. apricots, sultanas
- Small pot of yogurt or fromage frais or custard or rice pudding or jelly

Please could you avoid

- Large quantities!
 - Fizzy drinks
- Processed foods
 - Sweets
- Large amounts of cake or chocolate

Please ask if you have any questions